I had never done this type of intervention before but I had witnessed my friend do an alternative intervention where she had to carry around her trash wherever she went. She worked really hard not to make waste. I began my intervention on January 27th and ended on February 3rd. I thought it would be difficult for me to remember so I put up post its all over my apartment, but it turned out that I kept the intervention in mind pretty well. I mostly cook for myself and do my grocery shopping in bulk so I didn’t have a lot of packaging as I didn’t go shopping this week. I did recycle some cans, paper, and plastic packaging from food and school work. I put any compostable trash in a reused sealable bag in my freezer to prevent it from stinking. I came to realize that I generate the majority of my trash from frozen foods and packaged foods. If I bought more fresh foods more regularly I could eliminate a lot of waste. This intervention helped me realize how much packaging comes with most things I buy and I wish that weren’t the case, so hopefully I can try my best to avoid it in the future.

